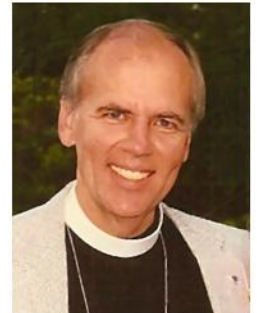




COUNSELING CONNECTIONS

FAITH INTEGRATED COUNSELING SINCE 1947

Spiritual Direction Offered at CareNet Counseling



Stephen Gerhard

CareNet Counseling would like to welcome Steve Gerhard. Steve is a native of Pittsburgh who has lived the past thirty-four years in North Carolina, and therefore identifies himself as a "Carolinian from Pennsylvania!" He has served as a pastor of the Evangelical Lutheran Church in America in parish and campus ministry for nearly forty years. Twenty-one of those years were in Raleigh, first as Lutheran Campus Pastor at NC State and then as pastor of the Lutheran university church. The last thirteen years he served as pastor of Epiphany Lutheran in Winston-Salem during which he was also Lutheran Campus Pastor at Wake Forest. He received the Master of Divinity from The Lutheran Theological Seminary at Philadelphia and the Master of Theology in pastoral care and counseling from Pittsburgh Theological Seminary. He received training in spiritual direction through the Sursum Corda Spiritual Director Training Program of the South Carolina Diocese of the Episcopal Church. *Sursum Corda*, meaning "lift up your hearts," begins the Thanksgiving Prayer of the Holy Communion liturgy. It is one of many ways to define spiritual direction as people giving keen attention to their walk with God "lift up their hearts to the Lord." Steve is married to Barbara Foreman Gerhard, a speech pathologist. They have two grown children and two grandchildren, who are happy to say are also North Carolinians.

You may reach Reverend Gerhard to discuss making an appointment for Spiritual Direction at (336) 716-0855.

Save the Date...

Friday, October 10, 2008

CareNet Counseling 4th Annual Golf Tournament
Tanglewood Park



Visit www.carenetcounseling.org for registration information

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A Word From Our Director

- Regional Director, Laurel Link, D.Min



Dr. Laurel Link

It is indeed very exciting to be a part of a ministry that is so vibrant and filled with the spirit of openness and readiness to offer new programs and services in response to the needs of congregations and the community. The Rev. Stephen Gerhard will be joining the center to focus his energies entirely on Spiritual Direction and Formation. Our new counselor, Anthony Pitaluga, will offer bilingual services and expand our ministry to youth and their families. Sara Hepler who joined us in March, will serve both the Winston-Salem and Mocksville centers. Sara enjoys work with young adults and will expand our ministry in substance abuse.

The administrative staff will be greatly enhanced by the talents of Laura Slawter. Laura who has formerly served the Development needs of Salem Academy and College and The Arts Council of Winston-Salem, will lead the boards good work in fund development.

Most exciting is the center's initiation of a broad program of services for Clergy and Congregational Care. Leadership and program development by The Samaritan Institute was funded by a grant from The Lily Foundation. In the next months we will be offering a number of new services to enhance the strength and wellness of faith groups in the community.



News & Notes

Four Dimensions of Clergy Health

Tues. Sept. 30th
7:00 pm
Ardmore Baptist
Church

RSVP to
Jim Hamblen
794-1452

"Four Dimensions of Clergy Health"

A Workshop for Elders or Deacons
Who Care About Their Pastors and Want to Support Them in
Creating a Vital Congregation

"A healthy congregation is one that has a healthy pastor and staff." With these words Steve McCutchan, retired pastor of Highland Presbyterian Church, introduces the upcoming workshop, sponsored by the CareNet Church Relations Committee, "Four Dimensions of Clergy Health". The workshop will take place on Tuesday, September 30th, at Ardmore Baptist Church.

Steve stresses that, "vital congregations have a good relationship with their pastor and staff. When those congregations have the opportunity to experience a relationship for longer than a couple of years, there is the possibility of deepening the spiritual depth and vitality of the ministry of the whole congregation."

We hope you will consider attending this workshop to learn more about creating a vital and healthy congregation. You may reserve a place for up to three representatives (Elders or Deacons) from your congregation to attend this training event. Please make your reservations by calling (336) 794-1452 or via e-mail at hamblen@bellsouth.net.

This event is a gift of CareNet and of no cost to you.

CareNet Welcomes Several New Staff Members



Sara Hepler

Sara Hepler Serves in both Winston-Salem and Mocksville

CareNet Counseling would like to welcome Sara Hepler as a Licensed Professional Counselor. Sara, also a National Certified Counselor, will be offering outpatient services to adolescents, adults, couples, and families in both the Winston-Salem and Mocksville locations.

Sara grew up in both College Station, TX and Colonial Heights, VA. She attended Salem College in Winston-Salem for her undergraduate degree in Psychology. After five years of working in Human Resources and Trial Consulting, she went back to school and earned her MS in Counseling from the University of North Carolina at Greensboro in the spring of 2006. She then supervised foster care families and worked as an Outpatient Therapist at The Children's Home, Inc. in Winston-Salem while pursuing her NC licensure.

Sara enjoys using a creative approach with her clients and works with them to develop strength-based solutions to their life problems. She believes that each of us are uniquely God-gifted and she likes helping others discover insight into their struggles and strengths so that they can become the person they were created to be.

Sara has lived in Winston-Salem for thirteen years. She is married, has one son, Jackson, and two dogs. In her free time, Sara enjoys being outdoors, reading memoirs, traveling, and laughing with friends and family.

Anthony Pitaluga Brings Bilingual Counseling to CareNet

Anthony Pitaluga was born to Cuban parents who immigrated to the US. Born and raised in New York, he educated in both parochial and public schools. As an undergraduate student, he attended Queens College and majored in psychology and minored in philosophy. Graduate studies were done at the Miami Institute of Psychology (Carlos Albizu University), where he obtained a Masters of Science degree in mental health counseling. Anthony is licensed in North Carolina and Florida as a professional counselor and as a certified school counselor. He enjoys working with children and young adults and their families, helping them reach their full academic and personal potential. Personal history, reading, education, martial arts training, and exposure to other cultures have resulted in an increased understanding, sensitivity, and tolerance of other world views and societal beliefs.



Anthony Pitaluga

He is supported by a loving wife and three beautiful children. He is also blessed to have an adoptive family, which is a blend of ethnicities including: Cuban, Native American, Chinese, Mexican and Trinidadian. His pastimes include being outdoors, spending time with family and many pets as well as sightseeing, swimming and exploring new and interesting things.



Laura Slawter

CareNet Welcomes Laura Slawter as Development Director

CareNet Counseling welcomes Laura Slawter as our new Development Director. Laura will be coordinating CareNet's annual fundraising and marketing campaigns.

Laura grew up in Houston, Texas. She graduated from Salem College in 1993 with a Bachelor of Arts in Non-Profit Management and Music. After graduation she fell in love with the area and has lived and worked in Winston-Salem ever since. Laura began her fundraising career as Associate Director of Development at Planned Parenthood of the Triad. She then moved to The Arts Council of Winston-Salem and Forsyth County to act as Associate Director of Development for three years. In 2003 she returned to Salem to serve as the Director of Donor Relations for the Academy and College. For the last two years Laura has been a stay-at-home mom helping to

raise her two boys James (7) and Will (2) with husband Michael. She is delighted to be working in the world of fundraising once again.

Laura is also involved in several volunteer activities including the Junior League of Winston-Salem, Salem College Alumnae Board, Whitaker Elementary School PTA, and The Winston-Salem Symphony.



CareNet Counseling

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